



NMCB 133

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Running 'Roo's

Running 'Roo's

February 2006

Dear Family and Friends of the Runnin' Roos-

I'd like to use my space in this newsletter to put some gentle pressure on all the Seabees in this battalion. My hope is that by talking to all of you, you can help me get your Seabee to do something that I believe is extremely important. I want you to help me encourage your Seabee to read to kids.

Our Chaplain, LT Garry Thornton, and his Religious Program Specialist, RP2 Leondra Hawkins-Chavis, run a program over here called United Through Reading or UTR. It's a pretty simple program, but its impact can be very significant. In fact, it is a proven quality of life program that boosts the morale and welfare of both Seabees and their families as well as others. Here's the concept: First, we videotape a Seabee reading a children's story. Second, we send the CD home to either their own kids or to relatives for them to watch. Third, if possible, the family members tape their reactions and send the tape back to the Seabee.

That's it! It is a simple but incredibly powerful way for children to get to hear, see and stay in touch with their Seabee. They also get the added benefit of having someone read to them aloud. We all know how important that is to a child's educational and emotional development.

Now, you may be thinking, "My child is an infant, so this program is not really made for them." Listen, just hearing that Seabee mom or dad's voice -- even if they don't understand the words -- will make the reunion process that much easier.

Now, here is where you come in. When you ask your Seabee about UTR you might get some excuses as to why they can't do it. Here are some common ones: (1) *"I don't have access to the system"*. Wrong answer! With very few exceptions, our various deployed locations have UTR setups. (2) *"I don't know where the UTR set-up is located"*. Tell them to ask their Det Lay Leader or better yet their Det UTR representative. If all else fails, they can go directly to the Chaplain in their area. He/she will know about UTR. (3) *"There isn't a UTR program here."* Well, tell them to ask if somebody on the Det has a video or DVD camera. All you have to do is send them a book! (4) *"I don't have time"*. Wrong answer again! Taping can be done during the work day or after hours. Most locations try to accommodate various work schedules. And, come on, how long does it really take to read a children's book???

I NEED YOUR HELP! Start bugging your Seabee to do this. I've heard stories of children who literally listen to their tape every day just to hear their Seabee's voice. One girl's Seabee dad did this for her when she was very young. She still listens to the old tape even now that she's a teenager. Just to be able hear her dad while he's away is comforting.

Being deployed far away from home, particularly to a war zone, is difficult for all family members, especially children. Here's a great program that can provide a way to help them keep in touch with their Seabee til the day we step off that plane.

Thank you in advance!

Sincerely,

Al Stratman

Spouse and Family: Operational Security (OPSEC)

Loose Lips Can Still Sink Ships

Barbara A. Eastom-Bates

The development of the World Wide Web has been a communication boon to military families who are now able to use its technology as a means to stay closer to their deployed service member. What many don't recognize is, without careful use, internet activities can also put their service member and others at risk.



The motto "Loose Lips May Sink Ships," was originally devised by the Navy during WWII to drive home the importance of operational security (OPSEC). In its most basic form, OPSEC is concerned with keeping information out of the hands of those who would use it to do harm. The famous WWII motto is just as important in achieving OPSEC today as it was back then, although the internet presents brand new challenges to security that never would have been considered during its original inception.

The abundance of family home pages, message boards, mailing lists and chat rooms make it easy and fun to share information, resources and friendship with others in the military community. Cyber-support is never further than a few mouse clicks away, and can be a lifesaver for families of reservists or active duty filling assignments that take them outside the military support system.

The downfall of this seemingly innocent communication is, "information posted may be intended only for an internal audience - perhaps even a very small and very specific group of people. But on the Net, it's available to the world," according to Paul Stone, American Forces Information Service.

When you make information available on the web, you can never truly be sure who has access to it - or of their intentions. The friendly spouse you're chatting with online may be exactly who she claims to be. Then again, she may not. Resist the temptation to disclose unnecessary information about your spouse and his or her job. Don't allow pride in your loved one to become a means for endangering them.

When participating in online communities or building a personal web site, use caution in revealing information about yourself and your family. Avoid disclosure of your last name and location, discussion of specific unit information, movements, or dates, deployment information or base security measures. And don't forget about pictures - while photographs are fun to share, always bear in mind a picture is worth a thousand words. Make sure those words are ones you mean to communicate.

If you correspond with your spouse through email or instant messages, keep in mind such connections are not secure and avoid discussion of sensitive information. The same is true of online chat rooms.

Air Force Lt. Col. Buzz Walsh remarked, "The biggest mistake people make [on the internet] is they don't understand how easy it is to aggregate information."

Like a jigsaw puzzle whose pieces don't mean much individually, information can be put together to determine a more complete picture. Seemingly insignificant details can become very important when they're the final pieces of the puzzle.

Compromise of military operations is not the only feared result of OPSEC violations. The Department of Defense is also concerned for the safety of families who may unwittingly become targets of hostility because of their connection to the military.

Military spouses should be smart, not scared, when it comes to online communications. Precautionary measures are meant to ensure safety, not cause unnecessary anxiety.

If you have questions about OPSEC and appropriate communications, contact your command family support liaison for more information.

Barbara Eastom-Bates has been married to the Marine Corps for eight years, and is the mother of two children. She is the author of the upcoming release, "Basic Training for Brides-to-Be," and develops quality of life media for LIFELines Services Network. Her work additionally appears in [Good Sense](#) and [Military Spouse](#) magazines.

Humps, Bumps and Bends in the Road

A very wise, elderly lady who used to attend a church I pastored always took the opportunity to encourage me after service with the words of the Apostle Paul saying *"Pastor, don't grow weary of well-doing. Do good, and stay strong in the Lord!"* (Galatians 6:9-10) What I would give to hear Jewel Lalim say those words just one more time! Thank God for the memory and ability to recall He has given us.



Friend, throughout life's journey we experience many ups and downs. The pilgrimage is a roller-coaster of highs and lows. Our existence is full of humps, bumps and bends in the road. The question is not if we are going to experience adversity but "When?"

For many if not all of us, the past six months have been very difficult. Hurricane Katrina slammed the Gulf Coast and caused catastrophic destruction the likes and magnitude of which has not been seen before in our Nation's history. Even now, maybe more so now, we are feeling the stress and strain caused by this angry lady. Many are still trying to deal with the loss. Multitudes continue to pick up the pieces of their lives. Homes are lost or damaged. Personal property is ruined. Priceless mementos are gone. Families are displaced. Add to that the deployment, and it seems too much to handle. It is almost reasonable to consider just giving up. However, I would encourage you that this is simply a hump, bump and bend in the road. As Abraham Lincoln (or some other very wise person) once said, "This too shall pass!"

As your Chaplain, I am very concerned for your well-being. I pray for you every day -- if not by name, collectively, as members and dependents and loved ones. The past months have been tough, and the ones yet to come will not be easy. Know that there are good resources available to you: NCBC chaplains, Fleet and Family Support Center staff, our home-port liaison, the Family Support Group and Command Ombudsmen are all standing by for you. Use them.

I do want to encourage you, though, to be of good cheer. The storm is passed. Recovery is well-underway. We are half way through deployment. And,... this too shall pass. Soon, we will be headed home. Soon, we will all rejoice and be re-united. Soon, Katrina and her aftermath will be but a memory. She will be but a hump, bump and bend in the road behind us as we look forward to a bright and hope-filled future.

So, in the words that still echo in the hallways of my mind, *"Don't grow weary of well-doing. Do good, and stay strong in the Lord!"*

Blessings,

Chaps

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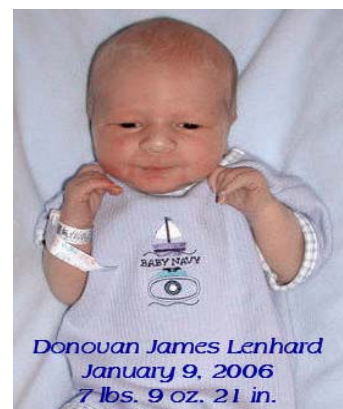
Congratulations to SW1 Wade Allred!

He has a new baby boy, born 18 Jan 06 725 pm 10lbs 5oz, 22 1/2" mother and son doing well.

Congratulations to BU2 McCorkle and EACN Custer!

They have a new baby girl, born 5lb 6oz 18" at 1000 am 25 Jan 06.

Email:
Homeport Liason
with your new baby
announcements.



Finally its here... "Over the Hump!" We have made our way over and it feels so great to know our Seabee's will be home soon. We have had our "Over the Hump" party and it was a total success. We had great food and everyone seemed to have a great time.

It was a nice break from day to day going on's.

We will start painting welcome home signs soon so watch for information to be sent out on that so all the families can have a chance to help in that area.

The 3rd Saturday in February we will have a children's movie day at the base theatre we will be sending more information out on that and hope everyone can attend.

Our meetings are the first Wednesday of each month @ 6pm. As always, there are pot luck meetings and hope everyone can make them.

Only a few more months and our Seabee's will be home. Hang in there!!!

Happy Valentines Day,

Your Family Support Group Board members

Marla, Pauline, Carrie, Jackie, Jen and

Basic Personal Safety Hints



1. Do not assume that because you live in a low-crime area, crime simply does not exist. It does exist and being alert and tuned in to your surroundings is your #1 safety rule. Tying for first place is the rule to ALWAYS trust your gut. If you have a funny feeling about a person, place or situation, find a way out. Do not worry about embarrassing yourself or hurting somebody else's feelings. For both situations there are counselors available to help people deal with their feelings.

2. Don't let your gas tank get so low that you are driving on fumes. One reason is that you don't want to be forced to stop at a gas station just because it is close. If you are driving by a station and unsavory-looking characters are standing around, you want the option of waiting until you get to the next gas station. Another reason is that you don't want to run out of gas and be at the mercy of whoever stops.

3. Personal vanity license plates are cute, but experts say try to avoid those that indicate there is a female driving (such as a female's name or "KZ TOY"). Also try not to have feminine-looking items showing in your car (women's clothing, makeup, etc.)

4. Keep your vehicle and home locked at all times. If you leave your apartment to go to the Laundromat, lock your apartment—even if the Laundromat is just a short walk away. Why? Because you don't want someone to come in and surprise you upon your return or to come in and unlock a window so they can return later to burglarize you.

5. Avoid alcohol and drugs. Alcohol and drugs dim your wits and hinder your good judgment and hinder the good judgment of the people around you who may be using them.

6. In social situations, watch your drink, even if it's just a cola. Date rape drugs have been used even on the Mississippi Gulf Coast.

7. Give some thought to NOT advertising that you are a military spouse. Weigh the potential risk involved if you have a yellow ribbon in your yard against the positive of the good feeling you get from supporting your military member.

8. Avoid anyone who seems pushy in any way, whether it is to sell you something or to try to get you alone with them or to make fun of your efforts to keep yourself safe.



Have you ever had one of those days where upon immediately opening your eyes, without getting out of bed, you know it's going to be a bad day? To facilitate safe passage through one of these days, a little prioritizing and a few deep breaths is all that's needed to yield yourself a great treasure. If you've had one of these afore-mentioned days, which most of us have, I invite you on a journey of one day in the life of a single parent.

To begin conquering a bad day, you groan, roll over, and try to go back to sleep; telling yourself it won't get the best of you if you ignore it. It doesn't work, and suddenly you realize there's something very wrong; the television is on. Glancing at the clock, you see its 7:42 a.m. and think, "Oh my God!" You're going to be late for work, and your child is going to miss the bus. At the same time, a million other things that won't get done run through your head, while you are stumbling around pulling on clothing. Semi-attired, you open your bedroom door, hoping your pesky four-year-old managed to dress himself. As the door swings wide open, you stop dead in your tracks; he's not dressed. There is not a stitch of clothing on, not even his pajamas. Apparently, he's also tried to feed himself breakfast without waking you. Noticing as you look to the floor, your son, and back to the floor, he has covered it with his favorite breakfast foods; cereal, eggs, milk, and sugar, including, the bowl none of it ended up in. It goes through your mind that you really ought to get upset. You want to yell, scream, and get mad; instead, you take a moment to prioritize the chaos. After categorizing your options, you realize your first goal to achieve is getting him dressed, and out to the bus in fourteen minutes. Forgetting about the mess, you tell your son to get dressed or he's going to miss the bus. That's when you hear it, your first "NO!" of the day. Not having time to argue, you rush back to his room, grab some clothes and begin the struggle/fight to get him dressed. Basically, using the straddling method, he's finally dressed; except for his shoes. Where are they? You ask your son, who looks at you with innocent blue eyes, and replies "I don't know Mommy". At which point, you are ready to tear your hair out, instead, taking a few deep breaths to calm down, you begin frantically searching the house for his shoes. UREKA! You've found them, but created more of a mess than your child. Running back to your son, who refuses to cooperate, you finally get his shoes on. Hustling him towards the door, while racing to make it to the corner before the bus; your pesky four-year-old decides to drag his feet. Feeling a twinge of annoyance, you pick him up and make a run for it. Getting to the corner just as the bus arrives, you give your son a quick kiss and hug. As you put him on the bus, he begins screaming "No! I don't want to go!" causing you feelings of extreme anxiety.

Waving as the bus pulls off, you take your first deep breath, thinking thank god I made it! Then, remembering your second goal of the day, getting to work on time; you make a mad dash for it. Back in the house, side stepping the mess and dashing into the bathroom, you run a brush through your hair while brushing your teeth, and add a dash of lipstick; no time for anything else. In the living room, glancing around, you decide to clean up the breakfast mess, as much as humanly possible. Finally, satisfied with the quick clean-up, you begin your twenty minute commute to work, fighting bad drivers, slamming your fist into the wheel, and uttering a string of curse words you've wanted to let loose since awakening. Sliding into work with just minutes to spare, you grab your morning coffee and sit down at your desk, taking two long breaths to get into the right frame of mind for work.

At this point, most people would relax and start to wind down from the early morning jump-start. Not you, because you have a high stress job and deal with rude people all day. You choose to work through lunch, promising yourself a good dinner. Around 3 p.m., you call your son's daycare to see how he's faring, and if he's arrived safely; he's there but acting up. Around 3:30 p.m., you begin taking mental notes of everything that needs to be done at home. Shutting off your terminal, you let out a little sigh of regret. You leave work feeling melancholy; accomplishing few of today's objectives. Arriving at the daycare, after fighting cross-town traffic, and talking to the facility advisor, you discover your son doesn't want to leave. At this point, exasperated with everything, you pick him up, kicking and screaming, and dump him in the car. As you drive, all you can think about is going home where you can finally relax. Pulling into the driveway, you exhale long and hard. You're home, the day's over, and you can relax. Ha Ha! The joke's on you; the days only begun.

Walking through the front door, you suddenly remember the hurricane that swept through your home early this morning. Plopping your son in front of the television to watch cartoons, you fully intend to start cleaning up the mess, but instead, you sit down. Big mistake! You should have kept moving. Instead, you've gotten sucked into the couch, lulled into comfort, by thinking about everything and nothing all at once. After sitting there awhile, realizing there are only a few goals left to accomplish before ending this horrendous day you decide to get up. As you rise, it happens, your son start demanding anything and everything. Suddenly, without warning, you're screaming and yelling at the top of your lungs while your son runs to his room crying. Looking stunned, you sit down and count to ten. It's time for a priority overhaul. The house be damned. Standing up while giving yourself a mental shake, you go off to apologize, hoping a four-year-old can understand and forgive. After spending a couple hours of quality time together, the bedtime battle begins. This is your last battle with another living soul for the rest of the day, tolerable only because you know peace and quiet will soon reign in your house, if you're lucky. Today you are lucky. He went to sleep without much fuss.

Walking around putting your house in order, catching up on phone calls, mail, and a few bills, peace finally reigns supreme, allowing you to sit, relax, and reflect on your day-maybe even dream. Dream you ask? Why of course, the dream any single or quasi single parent dreams of: more time! Time is something everyone deals with in life and it seems to run out sooner for single parents. As time marches on, you snap out of your dream for more time, it's midnight; night time. Crawling into bed, you get a late night visitor who cuddles up to you and declares, "I love you Mommy," falling back into a peaceful sleep. That one simple expression of love makes the whole day worth it, and is one of life's greatest rewards. Achievement of this priceless gift came through your diligence and sound prioritizing. Drifting off to sleep, your last conscious thought is of the coming day. Tomorrow will be better. It was.



Family Support Group Over-The-Hump

UTC(SCW/AW)Sherry Buchanan

The Battalion families gathered together on Saturday 28 Jan 06 for the Over-The-Hump party held at CBC Gym. There were activities for the kids and plenty of good food, the parents were treated to a massage and several door prizes were given away, there was also a questionnaire about getting to know your Homeport Team members, the families had to match the person with the secret question on the form. The CBC Fire Department came out in full gear and demonstrated the truck's capabilities; the kids were thrilled and fascinated with the big red truck. The day was filled with fun and excitement and everyone is looking forward to the last half of deployment.



Det Whidbey

Flight Line Admin Buildings.

20 Jan 2006

"Can do", is a saying that has reflected the Seabees for years. When faced with a challenge, Seabees have always been known to rise to the occasion. Whether it is that time seems to be too short to finish a project, if the project is something the "Bees" have never seen, or crews just don't seem to have the experience, the tasks always get done. Such is the case for a "crew" of Seabees from NMCB 133 tasked with the completion of two PEB buildings.

They can hardly be considered a crew, since there are only three members involved. Lead by UT2 Devin Hackenberg as the project supervisor, CE3 Casey Cole as the crew leader, and BUCN Michael Wilson as safety, they were tasked to complete a job that for 1/3 of them is their first. BUCN Wilson while having time in the Seabees has never really had the



opportunity to use his rate, being always needed in other fields for his work ethic. Now he has the chance to really get into what his job is all about, putting up drywall, framing, drop ceiling, and placing flooring. Construction man Wilson is not the only one getting valuable experience from this project, CE3 Cole is also getting a chance to get into his rate. Petty Officer Cole must wall mount two unit heaters, 4 emergency lights, interior lights, and a number of other activities that will no doubt enhance his ability as an electrician. UT2 Hackenberg is getting a different kind of experience than his coworkers. This is the first time that he has been tasked as a project supervisor. Though it is not the usual

supervisor position, since he must also be a full time employed body on his project. Though assigned as both indirect and direct labor, Petty Officer Hackenberg is always there to lend a hand or some guidance to his "crew". Days may seem long and activities tiresome, but these few Seabees are determined to get the job done, moving at a rate that was not expected.

It seems that even with the typical predicaments that projects face, this undermanned, slightly experienced "crew" is going to keep the tradition going. No matter what the project, no matter the area, or even the crew size, the Seabees will get the job done. From dusk till dawn these Seabees work vigorously with a simple saying echoing in their minds, "Can do".

By EA3(SCW) Gregg Morris



The range coaches provide instruction
for the shooters on the line.

The month of January was a busy one for the Seabees of Detail Guam. After ringing in the New Year, the Seabees were quickly back to work on projects and preparing for a blast at the Orote Point Quarry.

During the week of January 9th, Detail Guam held its 3-day military block training. The training included CBR, patrols, convoys, defensive operations, and a day at the range honing our shooting skills.

Since arriving in Guam, the Detail has received over 30 new personnel. They have quickly become a part of our great team.

The project crews have been busy working on a laundry facility that will provide Sailors a place to wash their clothes close to the pier, a Pass and ID building for a NCTAMS security, a mechanic's shop for the Orote Point Quarry, and a helicopter paint booth for HSC-25.

The project crews are not the only ones working hard. The Culinary Specialists have been busy preparing and serving great meals. Disbursing has been busy making sure that everyone is getting paid. The Personnel Specialists have been busy checking people in and making sure that the records are being kept up to date. And of course, we cannot forget about the Supply Department that has been busy making non-stop improvements and making sure materials for projects are on-hand.

On the 20th of January, the Orote Point Quarry crew conducted its first blast of the deployment. The team did a fantastic job from start to finish. The rock from the blast will be crushed and then used for the projects.

Detail Guam has been doing some great things and we cannot wait to let our friends and families read about what we did in February.



Seabees lay block at the laundry facility.



New Year's Day Softball tournament.

NMCB 133 Kids Corner

Find the Hidden Words

B	X	G	A	R	D	E	N	A	R	C
I	U	M	J	B	A	O	G	E	V	Y
R	D	N	R	H	K	I	T	E	N	P
D	Z	Y	N	L	F	S	N	N	G	P
S	Q	P	W	Y	A	D	U	E	Z	A
C	L	O	V	E	R	S	B	F	C	H
K	A	T	F	L	O	W	E	R	S	O

Birds

Bunny

Clovers

Easter

Flowers

Garden

Happy

Kite



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